

PHYSICAL ACTIVITY **for PHYSICAL DISTANCING**

FITNESS SIMON SAYS 2

Suggested Levels: 4-7

Time: 1- 5 minutes

Equipment: NONE

Objective: Promotes movement to refocus the brain while maintaining physical distancing.

Directions: "Simon Says" rules apply. See movement ideas below.

Seated Movement Ideas:

- Make arm circles
- Do seated jumping jacks
- Pretend to shoot a basketball
- Row like you are kayaking
- Show off your speed bag movements
- Complete a tricep dip
- Pretend you are boxing
- Let's see your swimming strokes
- Show off your seated dance moves
- Perform a seated crunch



Standing Movement Ideas:

- Hop on one foot
- Touch your toes
- Jog in place
- Spin in a circle
- Jump rope
- Squat
- March in place
- Stand on your toes
- Yoga pose
- Complete a push-up
- Lunge